

Title : Circle Agility Drill

Category #1 : Agility

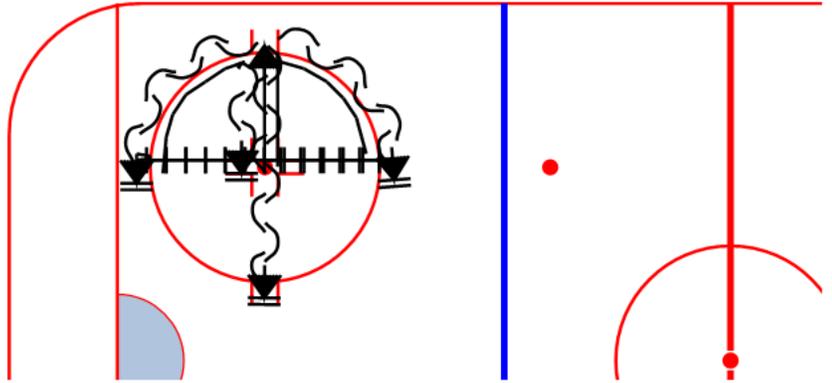
Category #2 : Quick Feet

Description

1. Player starts on the face off dot.
2. On the whistle he explodes to the edge of the circle, pivots and skates backward along the LEFT side of the circle to about the middle of the circle, and stops.
3. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again, then pivots and skates backward to the dot, and stops.
4. Player executes side-step-crossovers to the left edge of the circle, stops, side-step-crossovers all the way back across to the far right edge of the circle, stops, then side-step-crossovers back to the dot, and stops.
5. Player again explodes to the top of the circle, pivots and skates backward along the RIGHT side of the circle to about the middle of the circle, and stops.
6. Player then skates forward along the same edge of the circle until he comes back to the top of the circle again, then pivots and skates backward all the way to the bottom edge of the circle.

Notes: Try putting 3-4 players per circle, and rotate through until each player has completed the drill 3 times. As players' skating skills improve, add a puck.

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Key points :